

Cauliflower Grilled Cheese

Ingredients

- 1 ½ cups grated cauliflower
 - (about half a medium cauliflower head)
- 1 egg
- ½ teaspoon oregano
- ¼ teaspoon salt
- ¼ teaspoon pepper
- Low fat cheese



Instructions

1. Preheat oven to 375 F and line a baking tray with parchment paper
2. Using a cheese grater grate half a medium head of cauliflower OR you can use premade cauliflower rice
3. Combine 1 egg, oregano, salt, pepper until well combined
4. Using a spatula spread mixture on parchment lined tray forming a square shape
5. Bake for 35 min at 375 F
6. Remove and let cool for about 5 minutes
7. Slice cooled mixture into 4 squares
8. Sandwich slice of cheese between two slices of cauliflower bread and cook on pan for about 3 minutes per side